

# New Beginnings



**Annual Convention**  
**October 17<sup>th</sup> – 19<sup>th</sup>, 2018**  
**Toronto, Ontario**



# Letter From Our President

Dear fellow Professionals,

With our recent rebranding and in the spirit of *New Beginnings*, I'd like to welcome you to Recreation Professionals of Ontario's first of many Conventions.

Hosting at the Holiday Inn Toronto International Airport, we will be bringing you a variety of speakers, sessions, networking opportunities and tradeshow, across three days from October 17th to 19th. And getting to Convention this year is much easier; if you're coming from out of town as we've organized a shuttle from the airport / UP Express straight to the hotel. Check out page 20 or the Convention Facebook page for more details.

RPO members will be able to earn education points towards designation – stay tuned for more information in the coming months.

Whether you're working in retirement, long term care, day programs or maybe a student wanting more education, our line up covers many topics and has something for everyone.

This year our Early Bird Session is really engaging and not one to be missed. Charlene Phelps joins us with Positive Approach to Brain Change from the amazing Teepa Snow teachings. It's a great precursor to the S7 session but either can be taken alone.

You definitely don't want to miss Dave Sanderson on Thursday morning as he relates his harrowing experience as a passenger on Flight 1549 to how we can tackle our lives and workplace. The time for our Annual General Meeting has been extended by 30 minutes this year to ensure we get the most information to our members.

Closing out this year's event Meg Soper joins us to motivate you to breakdown the stressors we face everyday and bring a positive energy to everything you do.

On behalf of the board and our host committee, join us in Toronto! I look forward to personally meeting everyone at Convention.

We look forward to sharing our New Beginnings with each and every one of you!

Respectfully,

Tammy Doxtator-Jones  
RPO President





# Important Information

**\*\*\* PLEASE READ CAREFULLY \*\*\***

No refunds will be granted after September 12th, 2018  
Substitutions will be allowed subject to full membership fee

## **Social Agenda Information**

Banquet - Semi Formal

Extra Banquet ticket \$75.00 (Day registration does **NOT** include a banquet ticket). Extra banquet tickets must be ordered prior to October 3rd, 2018

If you have any dietary restrictions, allergies, etc. it is your responsibility to notify the Convention Chair by October 3rd, 2018 at [convention@rpontario.com](mailto:convention@rpontario.com)

Hotel and booking information can be found on page 20 of this book.

Registration forms used for this Convention are the last 2 pages of this book or you can register online at <http://rpontario.com/event-2850331>

Refer to the RPO website for link for driving instructions. [www.rpontario.com](http://www.rpontario.com)

## **If This Is Your First Convention**

This is a great opportunity to network, so mingle around and if you are shy just look for any of the RPO Executive as they would be more than happy to introduce you to other Recreation Professionals. Also the Wednesday night Social is a great time to start having fun and making those important connections... but that's just the start. We've organized a few other events throughout the Convention designed for you to foster those relationships that will help you grow your professional circle.

### **Consider this...**

Becoming an RPO member entitles you to discounted membership rates for the Convention. Members get the benefit of the RPO newsletters, members only section of the website, access to document sharing including program plans, membership rates for workshops, free RPO webinars, and unlimited networking opportunities. Become a member by registering through the RPO website. Joining at Convention time now means your membership is renewed based on that date, so you get to enjoy the RPO benefits for a full calendar year.

### **Have Convention Questions?**

Contact Michelle Proulx at [convention@rpontario.com](mailto:convention@rpontario.com)



# Convention Sponsors

## We're Looking For Sponsors

**Convention Sponsorship has many benefits to promote your brand and support current and future Recreation Professionals.**

**If your company is interested in sponsorship please contact our Convention Chair, Michelle Proulx for more details.**



**Silver Level**



**Gold Level**



**Bronze Level**



# Exhibitors You Might See



SensoryOne





# Convention At A Glance

## Wednesday, October 17, 2018

10:00 - 4:00	Early Bird Breakout Session ( <b>extra cost</b> ) Teepa Snow's Positive Approach To Care
4:15 - 5:45	Early Bird Speaker - Ron Martyn Leading & Inspiring - Everyone!
7:00	Social Event

## Thursday, October 18, 2018

7:30 - 8:30	Delegate Networking Breakfast		
8:00 - 5:00	Trade Show Hall Open		
8:30 - 9:30	Keynote Speaker - Dave Sanderson Brace For Impact		
9:45 - 10:15	Coffee Break In Tradeshow Hall		
10:15 - 11:45	<i>Sit &amp; Dance</i>	<i>Family As Part Of The Dementia Care Team</i>	<i>1:1 Interventions: Strategies / Techniques</i>
12:00 - 1:30	Lunch		
12:00 - 1:30	AGM Wine & Cheese		
1:45 - 3:15	<i>Volunteer Program For Residents</i>	<i>Residents Helping Residents Overcome Social Isolation &amp; Loneliness</i>	<i>Technology For Seniors</i>
3:15 - 3:45	Coffee Break In Tradeshow Hall		
3:45 - 5:15	<i>Positive Approach To Care GEMS Model by Teepa Snow</i>	<i>Working With Sexual Expression In Care Settings</i>	<i>Yoga Therapy</i>
6:30 - 7:30	Cocktails ~ Cash Bar		
7:30 - 12:00	Dinner, Awards Ceremony, Evening Party		

## Friday, October 19, 2018

7:45 - 8:45	Delegate Networking Breakfast		
8:00 - 12:00	Tradeshow Hall Open		
9:00 - 11:00	<i>Aphasia Friendly Programming &amp; Communication</i>	<i>Falls Prevention - What Can Recreation Do?</i>	<i>Meaningful Men's Programming</i>
11:45 - 12:45	Lunch		
12:30 - 1:45	Endnote Speaker - Meg Soper Bring It On... Strategies For Resilience And A Positive Environment		

# Early Bird Breakout Session

**Wednesday, October 17 ~ 10:00 AM - 4:00 PM**

## **Teepa Snow's Positive Approach® To Care - Engagement & Filling The Day With Meaning**

Presenter: Charlene Phelps

What comprises a meaningful day for you? What can you do to create meaningful days for those living with Dementia?

Meaningful days matter to all people; this need does not change for someone living with dementia. One of the most challenging, and often neglected, areas of senior services is a well-rounded engagement program.

We will take an in-depth look into the elements of a meaningful engagement program and the Six Building Blocks for success in Engagement and identifying skills to and activities to fill the day with meaning for those living with dementia along with their care partners. This training will focus on four categories of engagement/activity that help human beings feel valued, productive, and purposeful according to the Positive Approach to Care Philosophy.

In this one day- hands on session, participants will have the opportunity to explore the Positive Approach® to Care philosophy in depth with an opportunity to role play and try out new skills. Positive Physical Approach™ (PPA) and Hand-under-Hand® (HuH) methods will also be demonstrated.

The Positive Approach® to Care philosophy encourages Care Partners to:

- Respond to a person's change in cognition and abilities in a way that is not hurtful or offensive.
- Understand that, with practice, common "reactions" to the person with dementia can become thoughtful "responses" that improve quality of life for everyone involved.
- Recognize that the person with dementia is "doing the best they can" and if something isn't working, it's the responsibility of the Care Partner to change their approach toward the person living with dementia as well as to discover what can be done differently to address the challenging situation.
- Be aware of environments surrounding a person with dementia and make changes as necessary.

**Participants will receive a certificate & knowledge for their full attendance at this session**

**Cost To Attend This Session: \$100 per person**

Session Space Is Limited  
Light lunch will be provided

# Early Bird Speaker

**Wednesday, October 17 ~ 4:15 PM - 5:45 PM**

Ron Martyn

*Leading & Inspiring - Everyone!*



Every recreationist is expected to be a leader – whether it is with residents, co-workers, employees, families – even one’s boss! However, not everyone is waiting to be led! Recent research has uncovered the three secrets every leader needs to know and use to effectively inspire others to engage, to be involved, to take action. Find out what children have taught us about teamwork and motivation. Learn how you can inspire others, and in so doing, positively impact the culture of your Home. This session is for everyone who cares about how they and others are getting along, and can be mastered by anyone who chooses to positively impact the culture of their Home and the quality of their lives.

Ron Martyn (MSc) combines over 30 years of managerial, recreation and training experience in the Long Term Care field, with a Masters degree in Gerontology. He has served as an administrator in long term care, recreationist in facility and community-based settings, and faculty member, program coordinator and department chairperson in the College system. Highly acclaimed as a dynamic presenter, Ron focuses on leadership development, team building, activity program enhancement and organizational effectiveness.

# Keynote Speaker

**Thursday, October 18 ~ 8:30 AM - 9:30 AM**

Dave Sanderson

*Brace For Impact*



When US Airways Flight 1549, or “The Miracle on the Hudson” ditched into the Hudson River on January 15, 2009, Dave Sanderson knew he was exactly where he was supposed to be.

The last passenger off the back of the plane on that fateful day, he was largely responsible for the well-being and safety of others, risking his own life in frigid water to help other passengers off the plane.

Despite the hazard to himself, Sanderson thought only of helping others and emerged from the wreckage with a mission: to encourage others to do the right thing.

In this stirring presentation, Sanderson shares the story of Flight 1549, revealing the inner strength it took to make it through the day, and how teamwork, leadership, and state management can help overcome any obstacle and transform your life.

**Want a sneak peek of Dave?  
Check him out**

**<https://davesandersonspeaks.com/dave-sanderson-videos/>**

# Thursday, October 18, 2018

## 10:15 AM - 11:45 AM

### **Sit’N’Dance**

S1

Presenter: Jackie Mills

Participants attending this hands-on workshop will be given the tools to initiate a new program for their clients. Sit’N’Dance is a program of adapted seated dance specifically designed for geriatric clients in nursing homes, dementia programs, long term care, adult day programs and senior’s residences.

The dances are tailored to client needs and interests, using stimulating, familiar styles and music. Slowed tempos facilitate mental processing. Classes encourage: aerobic exercise, social skills, recall, sequential memory, and reminiscence.

#### **At the end of this presentation, participants will:**

- 1) Be taught 5-8 seated dances.
- 2) Learn how to source and adapt materials for individual special needs.
- 3) Become knowledgeable of techniques to enable them to begin to teach and organize a program of adapted, seated dance in their facility.

### **Family As Part Of The Dementia Care Team**

S2

Presenters: Judy O’Neill & Bev Little

Recreation Professionals play an important role in helping residents live meaningful lives and families play an important role in their loved one’s well-being proving that an inclusive approach is imperative. In this session, delegates will learn about engaging family members as part of the care team by assessing family dynamics, assessing needs and building trusting relationships with staff. Participants will discuss how to address difficult families and help them refocus their energy on meaningful visits.

#### **At the end of this presentation, participants will:**

Learn how to maximize techniques and tips that will be shared in an interactive setting to establish the procedures, guidelines and evaluation of assisting families for successful visiting.

# Thursday, October 18, 2018

**10:15 AM - 11:45 AM**

## **Strategies & Techniques For Effective 1:1 Interventions And How To Adapt Interventions When Things Don't Go According To Plan**

S3

Presenter: Anna Donaldson

Jackson Therapeutic Recreation has focused exclusively on 1:1 interventions with its clients since 2003. Come to learn and discuss strategies, tips and approaches for how to not only deliver quality 1:1 interventions but how to adapt on the fly when things don't go as planned. This is an interactive workshop that will help you with your own interactions plus provide you with ideas to take back to your staff and/or peers.

### **At the end of this presentation, participants will:**

- 1) Have thought about behaviours that residents can present with and why they might be presenting with them.
- 2) Be able to identify at least 3 areas for why a resident rejects a 1:1 interaction.
- 3) Learn 3 tips on how to adapt their approach when a 1:1 interaction is rejected by a resident.

# Thursday, October 18, 2018

**12:00 PM - 1:30 PM**

## **RPO ANNUAL GENERAL MEETING**

AGM

Please join us for this very important meeting.

The Annual General Meeting will be held over lunch hour. The format for this year's AGM will mimic that of last year with more focus on the designation and what we are doing with the membership to see us into the future.

If you are unable to attend the meeting please don't forget to sign your proxy form and send it with a Professional member so that you can still have a say in the future of your organization.

# Thursday, October 18, 2018

## 1:45 PM - 3:15 PM

### **The Purpose Project - Ways To Engage Residents In Meaningful Volunteer Programs**

S4

Presenter: Gloria Hoffner

Human beings of every age and every ability level need to feel they contribute and have purpose. Our residents had purpose their entire lives by helping their families, their co-workers and their community. Often, once moving into assisted living, memory care, or long term care, they become receivers rather than givers. Medical research has proven that residents are more social, have less depression and better health when the engage in meaningful volunteer projects. This session will teach hands-on examples of ways to engage residents in giving back to their communities through areas of helping children, animals, ecology, fellow residents and the homeless.

#### **At the end of this presentation, participants will:**

- 1) Understand the research proving volunteering improves clients' mental and physical health.
- 2) Learn about various community based organizations that clients can work with to provide meaningful service.
- 3) Understand how to do service projects for animals, children, ecology, fellow residents, people with disabilities and people who are homeless.

### **Overcoming Loneliness And Social Isolation: Residents Helping Residents**

S5

Presenter: Kristine Theurer, MA

Research is now demonstrating that loneliness makes people sicker and at risk for a wide range of illnesses including heart disease, cancer, dementia and depression. In residential senior care settings, one out of two residents report feeling lonely, despite our best efforts and recreation calendars filled with programs. The presenter will describe an innovative peer support model that addresses these concerns. Attendees will leave with a handout on how to implement peer support activities that help residents help one another overcome social isolation and loneliness in their community.

#### **At the end of this presentation, participants will be able to:**

- 1) Describe how peer support with help advance current care practices.
- 2) Explain the structure and components of this model and be able to describe and evaluate the experience of attending a demonstration per support group.
- 3) Implement a peer support approach within their organization.

# Thursday, October 18, 2018

## 1:45 PM - 3:15 PM

### **I-Connect (Tablet Program For Seniors)**

S6

Presenter: Alma Lekic

I-Connect is a computer tablet program implemented to support social participation and inclusion of seniors. The program was established to offer Tablet classes to our senior community in hopes to build partnerships with local youth and stay connected to families and our local community. We offered weekly classes to gain knowledge in tablet utilization. This included basic skills such as turning the tablet on/off, typing in a password to unlock the screen, setting up email, using email to contact family/friends, utilizing Skype and YouTube. Furthermore, participants were shown how to use the camera/video and send pictures to families/friends. We introduced and focused on different application to encourage and maintain interest in the program. Participants attend and enjoy playing memory games, puzzles, word games, or simply looking up information of interest on the internet and videos on YouTube.

#### **At the end of this presentation, participants will:**

- 1) Understand the benefits of a technology program with older adults.
- 2) Learn ways to engage local youth and strengthening the generational gap between youth and older adults.
- 3) Learn about grant opportunities through New Horizons Funding for Seniors Programs.



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# Thursday, October 18, 2018

## 3:45 PM - 5:15 PM

### **Exploring The Positive Approach® To Care GEMSTM Model by Teepa Snow**

S7

Presenter: Charlene Phelps

The Positive Approach® explores core ingredients for creating a connection, along with a dynamic assessment that leads to a shared relationship. We will explore brain change and a method to focus on a care partnership in terms of remaining strengths touching on the GEMSTM model.

In this 2-hour session, participants will practice adapting activities based on GEMS®, how to meet individual needs and explore a variety of engagement activities that match each GEM.

**This session complements well the EB Session on  
Positive Approach to Care -Engagement & Filling the Day with Meaning**

#### **At the end of this presentation, participants will:**

- 1) Consider an addition to traditional scales of assessments.
- 2) Be able to understand brain changes through Teepa Snow's 6 Gem states.
- 3) Explore an approach which meets the needs of individuals.

### **Practical Strategies For Understanding And Working With Sexual Expression In Care Settings**

S8

Presenter: Natalie Wilton

When sexual expression occurs in a care setting it can be a confusing and stressful situation for all involved. Utilizing case scenarios, we will work through the reasons why sexual expressions could occur and strategies for dealing with them in the moment. We will also address assessing overall risk and team-wide approaches to sexual expression. We will learn how to get comfortable asking the tough questions around sexuality in order to take a more holistic approach to navigating these tricky situations.

#### **At the end of this presentation, participants will:**

- 1) Understand real vs. perceived risk when sexual expression occurs.
- 2) Learn how to respond to sexual expression in a way that is both effective and preserves the dignity of the person with dementia.
- 3) Learn to challenge their own assumptions and biases when sexual expression is observed by the residents or clients they are serving.
- 4) Be comfortable working with families around having challenging conversations that come up around discussing their loved one's sexuality.

# Thursday, October 18, 2018

## 3:45 PM - 5:15 PM

### **Yoga Therapy: A Great Tool For Recreation**

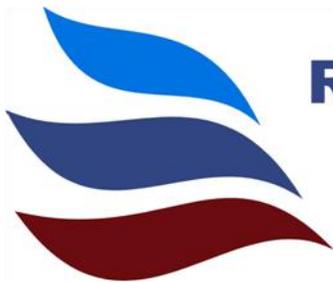
S9

Presenter: Henry Mosler

Yoga Therapy is a gentle, holistic approach to therapy. It works much like rebooting your computer and allowing the body to reset itself to its optimum condition. Research has shown that those who practice yoga can improve bone strength, blood pressure, blood sugar levels as well as increase mindfulness. Delegates will engage in demonstrations to help them to truly understand how yoga therapy can be a great compliment to their current program offerings.

#### **At the end of this presentation, participants will:**

- 1) Understand the benefits of yoga therapy and its many benefits for a variety of senior populations.
- 2) Learn modifications to yoga practices relevant to common conditions associated with aging.



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# New Beginnings

Banquet Dinner &  
Awards Ceremony

**Cocktails at 6:30 pm (Cash Bar)**

**Dinner at 7:30 pm**

**Entertainment To Follow**

**Thursday,  
October 18th, 2018**

**Semi Formal Attire (Dress To Impress)**



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# Friday, October 19, 2018

## 9:00 AM - 11:00 AM

### **Communicating When It Counts: An Introduction To SCA™ And Aphasia-friendly Programming At The Aphasia Institute**

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Presenter: Fatima Cabral

Do you work with clients with communication challenges? This workshop will provide basic communication tips to increase communicative access for people with aphasia and other language disorders and will provide an overview of aphasia-friendly programming at the Aphasia Institute.

#### **At the end of this presentation, participants will:**

- 1) Develop an understanding of communication barriers between people with aphasia and their communication partners.
- 2) Be exposed to basic communication tips and techniques of Supported Conversation for Adults with Aphasia (SCA™).
- 3) Learn about aphasia-friendly programming at the Aphasia Institute.

### **Isn't Falls Prevention A Clinical Program? What Can Recreation Do?**

A blue square icon with a folded bottom-right corner, containing the text 'S11' in white.

Presenter: Marilynne Gordon

This session will lead the participants through recreation's involvement in Falls Prevention & Injury Reduction in their homes using Quality Improvement tools and strategies. Focusing on development of actions plans for the team, the quality of life for the residents will improve as well as your satisfaction scores. It's a win-win situation!

#### **At the end of this presentation, participants will be able to:**

- 1) Identify the contributing factors of why residents fall from a recreation perspective.
- 2) Dig deeper into the root cause of why residents continue to fall.
- 3) Develop action plan for recreation staff to address the root cause and create an AIM statement for 2018.

# Friday, October 19, 2018

## 9:00 AM - 11:00 AM

### **Men's Programming: Building Places And Meaningful Spaces**

S12

Presenters: Judy O'Neill & Bev Little

Many men struggle to find a "place" in long term care where relationships flourish and they feel a sense of purpose. In this session delegates will learn about creating male oriented garage rooms and tech centres, and how to build programs that support the use of these rooms for group and independent activities. Program proposals, risk and engaging the male population will be discussed. Participants will have the opportunity to share their own men's programming ideas with the group.

#### **At the end of this presentation, participants will:**

- 1) Be able to determine factors that contribute to the psychosocial needs of men in long term care.
- 2) Identify how to incorporate male oriented themed environments and engaging programs that promote citizenship and purpose.
- 3) Be able to provide an interactive opportunity to share and build on trends and program ideas.



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# Endnote Speaker

**Thursday, October 18 ~ 8:30 AM - 9:30 AM**

Meg Soper

*Bring It On... Strategies For Resilience And A Positive Environment*



This light hearted, high energy and interactive endnote sheds a humorous light on some of the stresses we face in our lives. It will demonstrate how shifting our perspective and living with balance will help us build resilience. There is an emphasis on how we create our own positive environment by how we communicate with ourselves and the people we live and work with. This presentation also celebrates the generational diversity of our teams, how far we have come as an association and that we are better and stronger together.

You leave this endnote with a better insight into the tendencies and behaviours of the different generations. You will be aware of the energy you bring with you to work and life in general. Together let's build the excitement about Recreation Professionals of Ontario's new journey.

By the time the endnote is finished delegates will leave feeling empowered and uplifted about they amazing work you do everyday!

**Want to see Meg's Vlog  
Check Her out**

**<https://www.youtube.com/user/megsoper>**

# Hotel Information



970 Dixon Rd, Toronto, ON  
M9W 1J9  
416-674-4363



Our block of rooms at reduced RPO Group Rates will be held until **Wednesday, September 26th, 2018** or until all are reserved, which ever comes first.

## RPO Group Rate:

**2 Queen Beds / 1 King Bed      \$159.00**

- ◆ Rates are per room per night, subject to applicable taxes
- ◆ Room pricing will be extended for 3 days prior and post event dates should you wish to stay longer
- ◆ Check out time 12:00 pm
- ◆ Lowest rate guarantee limited to Expedia, Travelocity and Hotels.com

### Amenities

- ◆ Complimentary WiFi access
- ◆ Complimentary Shuttle to/from the Airport/UP Express train connection
- ◆ Connecting Rooms Available
- ◆ Discounted parking
- ◆ On site fitness centre and indoor pool
- ◆ Mini Fridge Available In Suites

### Shuttle Service

If your arriving from the airport or UP Express look for the Holiday Inn Shuttle at the following areas

Terminal 1 ———> Ground Level S5

Terminal 3 ———> Arrivals Level - Door A & Door G

### RESERVATIONS

**By Phone:** 1-416-674-4363 with a major credit card and ensure to quote the group name “**Recreation Professionals of Ontario**” Group Code: **RPE**

**Online:** [Holiday Inn Reservations](#)



# Recreation Professionals of Ontario Convention *New Beginnings*

REGISTRATION PAGE 1 of 2

Please **PRINT** and use **BLACK INK** - your name tag will reflect what we are able to read

Name: \_\_\_\_\_

Convention Registration	Early Bird	After August 15	Amount Paid
RPO Member <b>Full Convention</b>	\$410	\$450	
RPO Member Thursday Only	\$310		
RPO Member Friday Only	\$285		
Non-Member <b>Full Convention</b>	\$585	\$625	
Non-Member Thursday Only	\$350		
Non-Member Friday Only	\$325		
Student (Must Send Proof Of Full-Time Enrollment)	\$300		

If you are registering for the Early Bird Session there is an extra charge	\$100	
Additional Banquet Ticket	\$75	

<b>TOTAL</b>	
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**NO REFUNDS** will be granted after September 12th, 2018

**Online registration and Credit Card Payments can be made through  
<http://www.rpontario.com/event-2850331>**

Confirmation letter of registration and receipts will be emailed to delegates  
once registration is processed

